

CLASS TITLE
BEAN- BB Beans Made Easy (Wasatch)
BEAN- BB Legumes (Utah Co.)*
BEAN- FD Dried Beans 101 (Wasatch)
BF- FD Breastfeeding Class (Bear River)
BF- FD What Are Your Feelings about Breastfeeding? (State)
BF- SP Let's Talk About Breastfeeding (State)*
BF- WB Support for Breastfeeding Moms (wichealth)*
BKF- BB Break-the-fast (Southwest)*
BKF- FD Breakfast - Quick and Healthy (SLVHD)
C- BB Child's Play - Limiting Screen Time (Southwest)*
C- BB Food or Feud (SLVHD)*
C- BB Grow Happy Kids (Utah Co.)*
C- FD Feeding Young Children: Food or Feud? (SLVHD)
C- FD How to Cope with a Picky Eater (State)
C- FD Mealtime Management (SE)
C- FD Mealtime Routines (State)
C- FD Reward with Love (State)
C- FD Who's In Charge of the Food? (State)
C- SP Making Mealtime Happy Time (State)
C- WB Create Good Eating Habits in Your Child (wichealth)*
C- WB Fun and Healthy Drinks for Kids (wichealth)
C- WB Healthy Happy Active Children (wichealth)*
C- WB Help Your Child Make Good Eating Choices (wichealth)*
C- WB Secrets of Feeding Picky Eaters (wichealth)*
C- WB Trust Your Child to Eat Enough (wichealth)*
CERT- BB New Food Rule (State)
CERT- BB Using WIC Tools (Utah Co.)*
CERT- FD New Food Rule (State)
CONS- FD Make Healthy Choices and Limit Trans Fatty Acids (State)
CONS- FD Understanding and Applying MyPyramid (SLVHD)
CONS- FD Using Nutrition Labels to Make Healthy Food Choices (State)
CONS- SP MyPyramid (SLVHD)*
CONS- WB Steps to a Healthier Family (wichealth)
DIS- BB Immunizations (Utah Co.)*
DIS- FD Family Health History - Know Your Past Protect Your Future (State)
DIS- FD Preventing Heart Disease (SLVHD)
DIS- FD Preventing Type 2 Diabetes (SLVHD)
DIS- FD Preventive Measures to Avoid Getting the Flu (State)
EAT- FD Fast Food: Healthier Choices When Eating Out (State)
EAT- FD Making Healthier Choices When Eating Out (SLVHD)
EMER- BB Emergency Preparedness (Utah Co.)*
EMERG- FD Emergency Preparedness (72 Hour Kits) (SLVHD)
ESS- FD The Sweet Tooth (State)
ESS- WB Healthy Whole Grains (wichealth)
FLD- FD Water - A Nutrient for Life (SLVHD)
FSAF- FD Food Safety: Preventing Foodborne Illness (SLVHD)
FV - BB Fruits & Veggies - More Matters (Utah Co.)*
FV- FD Phytochemicals (TriCounty)
FV- FD Selecting and Storing Fresh Fruits and Vegetables (SLVHD)
FV- BB Fruits & Veggies - More Matters (State)*
FV- FD Fruits & Veggies - More Matters (State)*

FV- SP Fruits & Veggies More Matters (State)*
I- WB Baby's First Cup (wichealth.org)
I- FD Feeding Your Young Child (State)
I- FD Infant Feeding Class (Bear River)
I- FD Infant Feeding Class 6-12 months (State)
I- FD Infant Feeding Class Birth-6 months (State)
I- FD Is Your Baby Ready to Eat? (SE)
I- SP Infant Feeding 6-12 Months (State)*
I- SP Infant Feeding Birth-6 Months (State)*
I- WB Starting Your Infant on Solid Foods (wichealth)
MENU- BB Smart Shopping (SE)
MENU- BB Smart Snacking (SLVHD)*
MENU- FD Easy Meals for Busy Families (State)
MENU- FD Mealtime Management (SE)
MENU- FD Mealtime Routines (State)
MENU- FD Menu Planning and Defensive Shopping (SLVHD)
MENU- FD Shopping on a Budget (Bear River)
MENU- FD Smart Snacking for Children (SLVHD)
MENU- FD What's for Dinner? (TriCounty)
MENU- WB Make Meals and Snacks Simple (wichealth)*
N- FD Anticipatory Guidance for Postpartum Depression (State)
N- FD Returning to Your Pre-pregnancy Weight (State)
N- FD Surviving After Birth (State)
N- SP Are You Ready? (State)
N- WB Be Healthy as Your Baby Grows (wichealth)*
NUTC- BB Iron Deficiency Anemia (Wasatch)
NUTC- FD Calcium: No Bones About It Calcium is great (State)
NUTC- FD Folic Acid (SLVHD)
NUTC- FD How to Have Healthy Blood! (State)
NUTC- FD Strong as Iron (Wasatch)
ORAL- FD The Importance of Good Dental Health for the Entire Family (SLVHD)
P- FD A Facilitator's Guide to Leading the Prenatal Discussion Group (Bear River)
P- FD Exercise during Pregnancy
P- FD Growing Healthy Babies
P- FD Lowering Your Risk of Preterm Birth (State)
P- FD Nutrition during Pregnancy (State)
P- FD Prenatal Nutrition Class (SLVHD)
P- SP Growing Healthy Babies (State)*
P- SP Lowering Your Risk of Preterm Birth (State)
P- SP What You Need to Know about Gestational Diabetes (State)
PHYS- FD Being More Physically Active and Watching Less TV (SLVHD)
PHYS- FD Let's Really Get Moving (SLVHD)
WHI- BB Folic Acid (SLVHD)*
WHI- FD Domestic Violence (State)
<i>* Available in English and Spanish</i>
<i>BB=Bulletin Board</i>
<i>FD =Facilitated Discussion</i>
<i>SP=Self-Paced</i>
<i>WB=Web-Based</i>

<i>BEAN=Beans</i>
<i>BF=Breastfeeding</i>
<i>BKF = Breakfast</i>
<i>C=Child</i>
<i>CERT=Certification Core Contact</i>
<i>CONS=Consumer Nutrition</i>
<i>DIS=Disease Prevention</i>
<i>EAT=Eating Out</i>
<i>EMER=Emergency Preparedness</i>
<i>ESS=Essential Nutrients</i>
<i>FAL=Food Allergies</i>
<i>FLD=Fluids</i>
<i>FSAF=Food Safety</i>
<i>FV=Fruits and Vegetables</i>
<i>HWT=Healthy Weight</i>
<i>I=Infant</i>
<i>MENU=Menu Planning</i>
<i>N=Postpartum</i>
<i>NUTC=Nutrients of Concern</i>
<i>ORAL=Oral Health</i>
<i>P=Prenatal</i>
<i>PHYS=Physical Activity</i>
<i>WHI=Women's Health Issues</i>
Revised 2/09